MILWAUKEE COUNTY



MEALS ON WHEELS



MARCH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pepper Steak 1	Vegetable Lasagna 2	Teriyaki Chicken 3	Stuffed Salmon Boat 4
	w/Tomato, Peppers, Onions	Italian Beans	Leg/Thigh	Dill Sauce
	Buttered Noodles	Mixed Greens	Blended Rice	Quartered Red Potatoes
2 Goodwill	Stir-Fry Vegetables	w/Cucumber, Tomato	Oriental Vegetables	Brussels Sprouts
MEALS ON WHEELS	Vienna Bread	Salad Dressing	Baking Powder Biscuit	Multi-Grain Bread
	Mandarin Oranges	Garlic Bread	Spice Cake	Sliced Peaches
414.358.6527		Cinnamon Apple Slices	♥ Fresh Pear	
Roast Beef & Gravy 7	Smothered Pork Chop 8	Chicken Supreme 9	Salisbury Steak 10	Baked Fish 11
Coney Bun	Wild Rice Blend	Fresh Sweet Potato	Gravy	Lemon Sauce
Tater Tots	Mixed Vegetables	Spinach Salad/Dressing	Mashed Potatoes	Au Gratin Potatoes
Winter Squash	Whole Grain Bread	Whole Wheat Dinner Roll	Sweet Peas	Wisconsin Vegetables
Applesauce	Rice Krispie Treat	Oatmeal Raisin Cookie	Vienna Bread	Dinner Roll
M & M Cookie	▶ Pear Slices	♥ Raisins	Red Delicious Apple	Grapes
❤ Grape Juice				
Pub Burger 14	Turkey Tetrazzini 15	BBQ Pulled Pork 16	Irish Stew 17	Seafood Salad 18
Sesame Bun	Green Beans	Whole Grain Bun	Braised Cabbage 👺	on Leaf Lettuce
Whole Kernel Corn	Pickled Beets	American Fried Potatoes	Boiled Red Potatoes	Pasta Salad
Baked Beans	Poppy Seed Roll	Country Style Vegetables	Boiled Red Potatoes Marble Rye Bread Shamrock Cookie	Baby Carrots
Chips >HAPPY	Granny Smith Apple	Mixed Fruit Cup	Shamrock Cookie	Split-Top Dinner Roll
Coconut Pie Pi Däy		Cereal Bar	→ Pear	Tropical Fruit Cup
Fruit 3.14		♥ Banana		
Hot Ham & Cheese 21	Oven-Fried Chicken 22	Country Ribs 23	Roast Beef/Gravy 24	Omelet with 25
Kaiser Roll	Roasted Potatoes	Macaroni & Cheese	Baked Potato Casserole	Broccoli Cheese Sauce
German Potato Salad	Creamed Spinach	Stewed Tomatoes	Glazed Carrots	Veggie Sausage Patty
Calico Beans	Dinner Roll	Crusty Bread	Garden Salad/Ranch	Baby Potato Cakes
✓ Orange Juice	Snickerdoodle Cookie	Fruit Cocktail	Sourdough Bread	Fruit Cup
Blondie	Fresh Fruit		Clementine	Banana Muffin
♥ Fruit				
Spaghetti & Meatballs 28	Apricot-Glazed 29	Chicken Caesar Salad 30	Roast Turkey/Gravy 31	Suggested Contribution
Parmesan Cheese	Pork Loin	Romaine, Tomatoes	Whole Grain Bun	\$3.00
Chef's Vegetables	Baked Potato/Sour Cream	Croutons, Dressing	Scalloped Potatoes	60+
Italian Bread	Peas & Carrots	Italian Bread	Southwest Vegetables	7609
Fruit Cocktail	7-Grain Bread	Fresh Orange	Cranberry Relish	-00
Graham Crackers	Pineapple Tidbits	Lemon Pudding	Granola Bar	- DIABETIC DECERT
		▶Lo-Cal Pudding	♥ Fruit	♥ = DIABETIC DESSERT

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MILWAUKEE COUNTY SENIOR DINING

Processed Food Be **Healthy**



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

of consumers prefer less sodium in processed foods.

of consumers

nave tried to eat fewer processed foods.











Highly processed foods are manufactured with ingredients that are not typically used in cooking.



Choose healthier processed foods.

By one recent estimate highly processed foods

contribute **50%** of the of the calories & 90% of added sugars

in the American diet

It's important to:

- · Read food labels.
- Look for the Heart-Check mark on packaged foods.
- Make healthier choices when eating out.



Seek healthier alternatives to highly processed foods.



Minimally processed foods



Swap highly processed foods with less processed options.



Try fruits and vegetables from the produce aisle, the farmer's market, or your own garden.

Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke

Shake your sodium habit.

Most of the sodium we eat comes from PROCESSED, PREPACKAGED. AND RESTAURANT FOODS. NOT THE SALT SHAKER.



Take your food into your own hands.

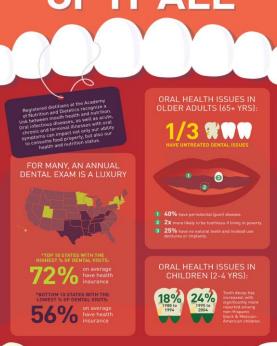


You can too! Join our growing community, take action, get helpful tips and #BreakUpWithSalt today by visiting heart.ora/sodium.











eat Academy of Nutrition and Dietetics

Position of the Academy of Nutrition and Districts: "Oral Health and Nutrition" [May 2013]; http://www.catright.org/About/Content.org/N Id-8384 Gallay Wellbeing: "Residents in Mass., Connecticut Lead Nation in Dentist Visits" [Sept. 2011]; http://www.catright.org/not/17/50//Residents Nass. Connecticut Lead Nation in Dentist Visits also all this way of Id-10 in the Id-10 in Id-